



The Resistance Band Workout Book, Edward McNeely, David Sandler, Burford Books, 2006, 1580801382, 9781580801386, 174 pages. Citing the benefits of elastic resistance tubing in exercise regimes, athletic training, and rehabilitation programs, a guide for everyday readers details more than one hundred exercises for every muscle group and includes recommendations on how to create a customized, sport-specific workout. Original..

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Therapeutic Exercises Using Resistive Bands , Caroline Corning Creager, Oct 1, 1998, , 366 pages.

High-powered Plyometrics , James Christopher Radcliffe, Robert C. Farentinos, 1999, Health & Fitness, 171 pages. High-Powered Plyometrics is the most advanced, comprehensive guide to explosive power training for athletes, coaches, and conditioning experts. This book covers it all, from

Powerflex Unleash the Power in You!, Jim Forystek, Dec 1, 2005, Health & Fitness, 156 pages. .

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The Trigger Point Therapy Workbook Your Self-Treatment Guide for Pain Relief, Clair Davies, David G. Simons, Amber Davies, Jul 1, 2004, Health & Fitness, 323 pages. A step-by-step guide to self-treatment for pain shows readers how to use trigger point therapy to relieve soft-tissue pain, repetitive strain injuries, accident trauma, and

Strength Band Training , Phillip Page, Todd S. Ellenbecker, Nov 11, 2010, Sports & Recreation, 213 pages. Learn how to maximize strength, speed, and power in the gym, at home, or on the road. The book shows you why strength bands are the ultimate tool for targeting, isolating, and

Raise Your Voice , Jaime Vendera, 2007, Music, 400 pages. Raise Your Voice 2nd edition is a completely revised 400-page vocal training manual based on Glass Shattering Vocal Coach Jaime Vendera's "Isolation Method" and "Vocal Stress

The 100 Best Stretch Tube Exercises , Grandmaster Ted Gambordella, 2008, Health & Fitness, 150 pages. The best stretch tubing book ever written. Now with special bonus mixed martial arts section..

Get stronger by stretching with Thera-Band , Noa Spector-Flock, 2002, Health & Fitness, 175 pages. This introduction to a unique exercise program shows how to strengthen the body by contracting specific muscles while lengthening them, using the elastic Thera-Band favoured by

The Scientific and Clinical Application of Elastic Resistance , Phillip Page, Todd S. Ellenbecker, 2003, Health & Fitness, 352 pages. Gain a solid base in the science behind elastic resistance exercise and learn the latest clinical applications for rehabilitation and fitness. The Scientific and Clinical

Resistance Training Instruction , Everett Aaberg, 2007, Health & Fitness, 250 pages. Aimed at personal trainers and other fitness professionals, this work includes methods used by the renowned Cooper Institute to certify personal trainers. It is written to help

In Pictures... 70's , Parragon, Incorporated, Aug 1, 2007, , 256 pages. This book shows an age that suffered troubles in northern Ireland and terrorism at the Munich Olympic Games, 'beautiful people' and the arrival of Punk, the inspiring 'giant'

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